

IN THE CLAIMS:

Claim 1 (currently amended): A heat-generating body, comprising a heat-generating portion formed by sealing a heat-generating composition causing an exothermic reaction in the presence of air in an air-permeable container ~~in desired form such as bag form or sheet form~~ and ~~[[a]]~~ an adhesive portion formed by comprising, as a main component, a water-containing hydrophilic gel agent obtained from a hydrophilic polymeric thickening agent, ~~being characterized in that~~ a difference between critical moisture values of the heat-generating portion and the adhesive portion is ~~allowed to be 5%~~ 2% or less.

Claim 2 (original): The heat-generating body as set forth in claim 1, being characterized in that an organic filling agent is added in the water-containing hydrophilic gel agent in the adhesive portion.

Claim 3 (original): The heat-generating body as set forth in claim 1, being characterized in that the adhesive portion is laminated on the heat-generating portion and the resultant laminate is contained in an air-tight container bag.

Claim 4 (original): The heat-generating body as set forth in claim 2, being characterized in that the adhesive portion is laminated on the heat-generating portion and the resultant laminate is contained in an air-tight container bag.

Claim 5 (original): The heat-generating body as set forth in any one of claims 1 to 4, being characterized in that the heat-generating body is a heat-generating body for being attached to skin.